Week Ten

11/4- 11/8

Lesson Plans

**Freshman PE/ Health**

**Monday:** Cardio workout/weights (advanced group complete daily program)

**Tuesday:** Chapter 3 and 4 review

**Wednesday:** Agility/weights (advanced group complete daily program)

**Thursday:** Chapter 3 and 4 test

**Friday:**  Complete daily workout (Balance and Coordination)

**Enhanced Strength and Conditioning**

**Monday:** Group A: Weight room (Testing and programming)

Group B: Gym (Balance and Agility)

**Tuesday:** Group A: Gym (20 min core workout) \*Game day Athletes: Stretch and Roll

Group B: Weight room (Testing and programming)

**Wednesday:** Group A: Weight room

Group B: Gym (Speed and Coordination) \*Game day Athletes: Stretch and Roll

**Thursday:** Group A: Gym ( 20 min flexibility and range of motion) \*Game day Athletes: Stretch and Roll

Group B: Weight Room

**Friday:** Group A: Weight Room

Group B: Gym (5 Min Cardio run - cooperative game) \*Game day Athletes: Stretch and Roll

**Recreation**

Monday: Survivor skills – Hunting, Trapping

Tuesday: Survivor skills – Hunting and Trapping

Wednesday: Survivor skills – Gathering (Michigan Edibles- Mushroom, Berries)

Thursday: Survivor skills – Gathering (Michigan Edibles- Mushroom, Berries)

Friday: Weekly wrap up and activity.

**Fitness and Activities**

**Monday:** Relaxation activity

**Tuesday:** Basketball

**Wednesday:** Balance and Cooperative activity

**Thursday:** Basketball (Sub)

**Friday:** Cooperative activity (Friday Fun Day)

**MS PE- 8th grade**

**Monday:** Basketball – Rules on dribbling- 3v2

**Tuesday:** Weight room- practice workout routine in weight room

**Wednesday:** Basketball – 3v2 Movement and dribbling

**Thursday :** Weight room

**Friday:** Cooperative activity (Friday Fun Day)